



ΟΜΙΛΟΣ ΦΙΛΩΝ ΘΑΛΑΣΣΗΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

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ΦΑΡΟΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ 2016

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μ
μ 7 8 2016.
μ 50μ. 10
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μ . μ μ
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- μμ μ
- - 2007 (9) , 2006 (10) , 2005 (11)
- 2004 (12) , μ (>2003)
- 2 μ 3 (μ ,) .
- :
- 7/5/ 2016 : μ 08.30 , 09.30
- 7/5/ 2016 μ : μ 16.00, 16.45, 17.00
- 8/5/ 2016 : μ 08.30 , 09.30

- 2 μ μ - 2007 (9)
- 2006 (10) 3 μ μ - 2005 (11)
- 2004 (12) (>2003) 4 μ μ . μ 8x50 8:3x50,2x100,3x50 μ μ 4 4 .

μ μ , μ . μ μ , μ μ , μ μ . μ μ .

μμ μ

μμ - 10 . μ μ μ μ .

& email : pekoanmath@yahoo.gr email oftha.alexandroupolis@gmail.com μ μ 28 2016.

μ (email)

, μ μ .

- μ μ μ 3 μ .
- μ μ μ μ .
- μ μ μ μ 200 €
- μ μ μ μ 50 €
- μ μ μ μ .
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μ . μ μ μ . 6945381427), (.6944589677) (. μ .6979339103).



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ΦΑΡΟΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ 2016

ΟΜΙΛΟΣ ΞΙΛΩΝ ΘΑΛΑΣΣΗΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

1
7 / 5 / 2016
μ 08.30 – 09.30

1.	50μ.		9-10-11-12	&	/
2.	200μ.		11-12	&	/
3.	200μ.		10-11-12	&	/
4.	100μ.		10-11-12	&	/
5.	4x50μ.	. .	9		2 /2
6.	4x50μ.	. .	10		2 /2
7.	4x50μ.	. .	11		2 /2
8.	4x50μ.	. .	12		2 /2
9.	4x50μ.	. .			2 /2

2
7 / 5 / 2016
μ 16.00 – 16.45 - 17.00

1.	50μ.		9-10-11-12	&	/
2.	50μ.		9-10-11-12	&	/
3.	100μ.		11-12	&	/
4.	200μ.		11-12	&	/
5.	400μ.	. .	12	&	/
5.	8x50μ.		9 12		4 /4

3
8 / 5 / 2016
μ 08.30 – 09.30

1.	50μ.		9-10-11-12	&	/
2.	100μ.		9-10-11-12	&	/
3.	200μ.	. .	10-11-12	&	/
4.	100μ.		10-11-12	&	/
5.	8:3x50,2x100,3x50μ.				4 /4

• 4 μ. , 68100,
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μ , 681 00, : [25510](#)
40401 ,

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25510 38000 , 68100, :

• 2 μ.
- μ , 681 00,
: [25510 39290](#)



ΟΜΙΛΟΣ ΦΙΛΩΝ ΘΑΛΑΣΣΗΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

3rd SWIM MEET
AGES 9 YEARS OLD & OLDER

FAROS
ALEXANDROUPOLIS
2016

Oftha in cooperation with the municipality of Alexandroupolis and the Swimming committee of the Region of East Macedonia & Thrace and under the flag of Greek Swimming Federation are going to organize the third swimming meeting called FAROS ALEXANDROUPOLIS 2016 which will take place in Alexandroupolis at 7 and 8 of May 2016.

The swim meet will be conducted at the municipal swimming pool of Alexandroupolis 50m. with 10 lanes and will be conducted according to the international rules of swimming. Also the recorded times will be official and will be recorded to the archive of Greek Swimming Federation

The results of the tournament are going to be displayed to the billboard 10 minutes after the ending of each event.

TERMS OF PARTICIPATION

All the members of Greek Swimming Federation will be able to participate, also all teams from abroad which will show interest in participating.

Athletes who are born the years 2007 (age 9), 2006 (age 10), 2005 (age 11), and 2004 (age 12) and older (>2003) for OPEN category.

The duration of the games will be 2 days and is included from 3 different unities (Saturday morning and afternoon and Sunday morning).

The games are going to begin at:

- A 7/5/2016 Saturday morning: warming-up at 08:30, opening of the games at 09:30
- B. 7/5/2016 Saturday afternoon: warming-up at 16:00, ceremonial opening at 16:45, opening of the games at 17:00
- C. 8/5/2016 Sunday morning: warming up at 8:30, races at 09:30.

SPECIAL TERMS OF PARTICIPATION

Each swimmer is allowed 2 individual races for athletes who are born 2007 (9 years old) and 2006 (10 years old).

Each swimmer is allowed 3 individual races for athletes who are born 2005 (11 years old), 2004 (12 years old).

Each swimmer is allowed 4 individual races for athletes who are born 2003 and older (OPEN category).

Each individual race will be conducted in series of OPEN beginning with the slowest and concluding with the fastest, furthermore the commendation will be categorized. Also every time each athlete concludes his/her race the start for next one will be given while the previous athlete is still in the water. For that particular reason the coaches of every team should inform their athletes that as long as they finish their race they have to stay still at the rear of their route and they are allowed to leave the swimming pool after the next athlete has started, avoiding to touch the touch panels of the finish line.

PARTICIPATION STATEMENTS

All the participants athletes should have their documents validated from Greek Swimming Federation this notification does not include foreign athletes.

FINAL STATEMENT OF PARTICIPATION

Until Thursday 28 of April and 14:00.

The exact amount of money that each athlete has to pay for his/her participation is 10 euros. The amount of money will be paid from each club to the registry of the event. The full amount for every club will be determined from the amount of participations the day of the games.

Statements of participation should be sent at the email: pekoanmath@yahoo.gr. And OFTHA email oftha.alexandroupolis@gmail.com . Each statement should be accompanied from state of the athlete, also the email of the club or the participant, notifications and the names and telephone numbers of the coaches and the curators.

TROPHIES

Diplomas and medals will be given to the first three winners of every race and each category.

The best swimmer (9-12 years old, boy and girl) according to the international scoring of FINA will be given a trophy.

The best (over 13 years old, boy and girl) according to the international scoring of FINA will be given 200 euros.

Every National record will be given 50 euros.

The 3 top club for the general will also be given a trophy.

CEREMONIAL OPENING

All the teams will be included to the parade with 2 athletes per sex.

For more information: oftha 2551023461, Mr. Tyligadas George 6945381427 (coach)

Mr. Kallitsaris Anastasios 6944589677 (coach), Mr Agorakis Padelis 6979339103 (team assistant)



**3rd SWIM MEET
AGES 9 YEARS OLD & OLDER**

**FAROS
ALEXANDROUPOLIS
2016**

ΟΜΙΛΟΣ ΦΙΛΩΝ ΘΑΛΑΣΣΗΣ ΑΛΕΞΑΝΔΡΟΥΠΟΛΗΣ

PROGRAMME SCHEDULE

**1st Unit
Saturday 7 / 5 / 2016
Warm up 08.30 – Game opening 09.30**

1.	50m.	BUTTERFLY	9-10-11-12 ages & OPEN	G/B
2.	200m.	BREASTROKE	11-12 ages & OPEN	G/B
3.	200m.	FREESTYLE	10-11-12 ages & OPEN	G/B
4.	100m.	BACKSTROKE	10-11-12 ages & OPEN	G/B
5.	4x50m.	MEDLEY RELAY	9 years old	2G/2B
6.	4x50m.	MEDLEY RELAY	10 years old	2G/2B
7.	4x50m.	MEDLEY RELAY	11 years old	2G/2B
8.	4x50m.	MEDLEY RELAY	12 years old	2G/2B
9.	4x50m.	MEDLEY RELAY	OPEN	2G/2B

**2nd Unit
Saturday 7 / 5 / 2016
Warm up 16.00 – Ceremonial opening 16.45 – Game opening 17.00**

1.	50m.	FREESTYLE	9-10-11-12 ages & OPEN	B/G
2.	50m.	BREASTROKE	9-10-11-12 ages & OPEN	B/G
3.	100m.	BUTTERFLY	11-12 ages & OPEN	B/G
4.	200m.	BACKSTROKE	11-12 ages & OPEN	B/G
5.	8x50m.	FREESTYLE	9-10-11-12 ages	4B/4G

**3rd Unit
Sunday 8 / 5 / 2016
Warm up 08.30 – Game opening 09.30**

1.	50m.	BACKSTROKE	9-10-11-12 ages & OPEN	G/B
2.	100m.	FREESTYLE	10-11-12 ages & OPEN	G/B
3.	200m.	I.M.	10-11-12 ages & OPEN	G/B
4.	100m.	BREASTROKE	10-11-12 ages & OPEN	G/B
5.	8:3x50, 2x100, 3x50m.	FREESTYLE	OPEN	4G/4B

HOTELS

- **THRAKI PALACE** Adress: 4th Km national road Alexandroupolis - Thessalonikis, Alexandroupolis 68100 : [25510 89100](tel:2551089100)
- **NEFELI** Adress: 5th Km national road Alexandroupolis – Thessalonikis, Alexandroupolis, 68100, Greece phone: [25510 40401](tel:2551040401)
- **ALEXANDER BEACH HOTEL** 2nd Km Alexandroupoli - Komotini, Alexandroupolis 68100 phone: 25510 39290
- **ASTIR EGNATIA** Adress : leoforos dimokratias street 280, inside Egnatia park , Alexandroupolis, 68100, Evros phone: 25510 38000